



Calculate the Real Cost of Taking Care of an Elder by Yourself

What is your time worth per hour? \$_____

Whether you use your hourly pay rate, your annual salary, or what you think your time is worth, enter the amount on the line above.

How much time do you spend with your elder doing these tasks?

	Hours Minutes		
Driving to and from appointments and stores			per week
Cleaning their house			per week
Having repetitive phone conversations			per week
Bathing, dressing, cooking or feeding them			per week
Using work breaks or lunch hours for elder-related tasks			per week
Arguing with other family members			per week
Arranging schedules with other family members			per week
Picking up or arranging prescriptions or lab reports			per week
Arriving late to work or leaving early			per week
Using your own work time for elder-related tasks			per week